



Bright Futures for Women's Health and Wellness implements and evaluates culturally competent, evidence-based consumer, provider, and community tools for women across their lifespan. Bright Futures for Women's Health and Wellness materials help women of all ages achieve better physical, emotional, social, and spiritual health by encouraging healthy practices.

The following resources - *and more* - can be found at:
<http://www.hrsa.gov/womenshealth/wellness/index.html>

- **My Bright Future: Physical Activity and Healthy Eating Tool for Adult Women**
- **Counseling Support Tools: BFWHW Guide for Adult Women and for Adolescent Girls and Young Women**
- **My Bright Future: Physical Activity and Healthy Eating for Adolescent Girls and Young Women**
- **Counseling Support Tool: BFWHW Guide**
- **My Bright Future: Wallet Card for Adolescent Girls and Young Women**